

Exclusive Elemental Nutrition-Children's Perceptions

Siobhain Kiernan

RGN, RCN, RNP, Msc in Nursing

Exclusive Elemental Nutrition-Children's Perceptions

Paediatric Inflammatory Bowel Disease (PIBD):

- ▶ PIBD is an umbrella term for two conditions: Crohn's disease (CD) and Ulcerative Colitis (UC).
- ▶ Lifelong inflammatory condition that is defined by periods of remission and relapse
- ▶ Incidence increasing globally (Pant et al., 2003; Turunen et al., 2006).
- ▶ Incidence in Ireland has increased 10 fold in the last decade (Hope et al., 2012).
- ▶ Children and adolescents tend to have more extensive and aggressive than adult onset (Pigneur et al., 2010; De Bie et al., 2013).
- ▶ Aetiology still unknown
- ▶ Evidence suggests IBD is a combination of a persons environment, immune system and genetic susceptibility (Day et al., 2012; Hope et al., 2012; Wall et al., 2013).
- ▶ Symptoms include: diarrhoea, abdominal pain and weight loss, **delayed growth, delayed pubertal development** and poor bone health
- ▶ Diagnostic interventions: Bloods, endoscopy, MRE or SBFT, stool faecal calprotectin and c+s and presenting history

Exclusive Elemental Nutrition-Children's Perceptions

PIBD treatment options:

Ulcerative Colitis

- ▶ Corticosteroids (Prednisolone)
- ▶ 5-aminosalicylates (mesalazine, sulfasalazine)
- ▶ Immunomodulators (6-mercaptopurine/azathiopurine)
- ▶ Biologic agents (infliximab/adalimumab)
- ▶ Surgery (colectomy)

Crohns Disease

- ▶ Exclusive Elemental Nutrition
- ▶ 5-aminosalicylates (mesalazine, sulfasalazine)
- ▶ Immunomodulators (6-mercaptopurine/azathiopurine/ methotrexate)
- ▶ Biologic agents (infliximab/adalimumab)
- ▶ Surgery (resection/colectomy)

Exclusive Elemental Nutrition-Children's Perceptions

What does EEN mean??

- ▶ EEN involves removing normal food from the child's diet and 100% of the child's daily nutritional requirements are replaced with a liquid formula (fortisip/juice/ensure/pedisure etc.) for an eight week period
- ▶ Proven to be an effective treatment for paediatric CD in comparison to corticosteroids which have many side effects.
- ▶ No known side effects and higher mucosal healing rates in comparison to corticosteroids (Soo et al., 2013)
- ▶ European consensus statement on the management of PIBD considers EEN as a more favourable first line treatment (Ruemelle et al., 2014)
<https://academic.oup.com/ecco-jcc/article/8/10/1179/2392263>

Exclusive Elemental Nutrition-Children's Perceptions

Literature review-summary

- ▶ Children with chronic illnesses are more at risk of negative psychosocial outcomes
- ▶ Children with PIBD reported their quality of life was different than their healthy peers
- ▶ Children negatively perceived corticosteroids due to their side effects
- ▶ One Australian study found that adult gastroenterologists perceived that their patients would not comply with EEN!!!

Exclusive Elemental Nutrition-Children's Perceptions

Research Method:

- ▶ Study was undertaken in the National Centre for Paediatric Gastroenterology
- ▶ Qualitative descriptive research method
- ▶ Purposeful sampling was used to recruit participants for this study
- ▶ 10 participants included in the study
- ▶ Inclusion and exclusion criteria applied
- ▶ Ages- 9 to 15 years, 5 male and 5 female
- ▶ Data collection-in depth semi-structured interviews
- ▶ Data analysis guided by Braun and Clarke thematic analysis was used (summaries of interviews, coding and devising themes)
- ▶ Approval from OLCHC ethics committee

Exclusive Elemental Nutrition-Children's Perceptions

Findings: Four main themes identified:

“What was wrong and what was going to help”

- ❖ patients and families felt relieved to have diagnosis and know there was a treatment available
- ❖ parents found the idea of EEN more difficult than their children
- ❖ Children initially thought it was going to be worse than it was

“Keeping going”

- ❖ understanding how patients felt each week on EEN was important to educate healthcare professionals
- ❖ Patients reported they were motivated to continue with EEN as their symptoms improved

“Life on EEN”

- ❖ The majority of patients found it easy to get on with normal day to day activities
- ❖ Patients explained what the drinks were to their friends
- ❖ The majority of children isolated themselves from friends and family around meal times
- ❖ Interestingly parents found it much harder than their children

“Benefits of support”

- ❖ All patients reported huge benefit from MDT during EEN

Exclusive Elemental Nutrition-Children's Perceptions

Conclusion

- ▶ Listening to patients who have completed EEN has yielded valuable results to both healthcare practitioners and patients
- ▶ Important to listen to children and involve them in their care
- ▶ Children very resilient and compliant with EEN
- ▶ As found in other studies parents found this diet much harder than children.

THANK YOU

QUESTIONS??